



## ***Gennadiy Ivanov, MD***

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### **POST OPERATIVE INSTRUCTIONS FOR PERINEOPLASTY AND/OR VAGINOPLASTY**

The ultimate success of your surgery is partially dependant on your self-care in the weeks after your procedure/s. It is very important that you follow the instructions as given. Instructions are as follows:

1. **Keeping clean:** Starting the evening of your surgery, take warm “sitz” baths (soak the perineal area in clean warm water) for about 15-20 minutes. **After each urination and bowel movement** - rinse yourself well with your “peri-bottle” and gently dab **(DO NOT RUB)** the area with a “Tucks” pad, then apply a clean sanitary pad. \*Keeping the “Tucks” in the refrigerator provides an added cooling effect.
2. **Activities:** **For the first 5-7 days you should relax and take it easy.** This is a great time to catch up on your reading, television shows or other leisurely activities you rarely have time for. It is extremely important to minimize vigorous activities including fast walking, stair climbing, “ups & downs”, heavy lifting (over ~10-15 lbs), etc. for the first week after surgery, or until you’ve had your first post-op visit. You may resume modest activities in **ONE WEEK** but wait **THREE WEEKS** before resuming full physical activities. **DO NOT** resume intercourse or insert anything into the vagina until you have been cleared to do so by Dr. Ivanov approximately one month after surgery. (\*Please use pads only with your first period after surgery.)
2. **Medications:** If given anti-biotic medication by Dr. Ivanov, please take it as directed. Dr. Ivanov strongly encourages the use of your pain medication beginning when you get home (or leave the office) and every 4 hours for a minimum of 18 hours after surgery and then using it on an “as-needed” basis. **Always take your pain meds with food.** **Please do not drive while taking pain meds.** \*Pain medications can cause constipation. See below for prevention instructions. Start your Arnica (homeopathic, gentle anti-inflammatory) as soon as possible. Take it as directed on the packaging starting after surgery until the swelling and “oozing” is gone. \***Take Arnica on an empty stomach, then eat, then take your pain medication.**

**\*AVOID CONSTIPATION:** Take your pain medication only if you need it (**after the first day**), stay hydrated, eat dried prunes (8-10 per day) or drink ice cold prune juice. **AFTER SURGERY ONLY** – use a stool softener twice/day. If you have not had a bowel movement after 3 days, drink “smooth move” tea, and/or take Senakot, Miralax or other laxative if needed.

**\*IT IS NORMAL TO HAVE:** a small amount of blood or bloody discharge for up to 3-4 weeks.

**\*DANGER SIGNS INCLUDE:** Evidence of infection (redness, swelling of the incision areas, fever of 100 degrees or higher, foul-smelling vaginal discharge, increasing day-by-day pain, bleeding and/or vaginal/rectal pressure.

**\*IF YOU EXPERIENCE:** painful urination, inability to urinate or urinary frequency: drink plenty of fluids and try emptying your bladder while taking a long warm shower or bath. If symptoms persist, please contact Dr. Ivanov.

**\*\***You will have your first post-op appointment 5-10 days after surgery for evaluation. If you have any questions or concerns prior to or after that, please call Dr. Ivanov at his office, (215) 631-3873.